

## RECOVERY PROGRESS TRACKER

Since improvement can be more difficult to see because it occurs gradually, this chart is to act as a visual aid to help you reflect & acknowledge your recovery progress & journey. Use this as often as you feel you need to.

| <b>Denial Patterns<br/>In Codependence ...</b>                                     |                       | <b>Denial Patterns<br/>In Recovery...</b>   |
|--|-----------------------|---|
| <b>Very Often &gt; Often &gt; Sometimes &gt; Occasionally &gt; Not Often</b>       |                       |   |
| I have difficulty identifying what I am feeling.                                   | 1 >> 2 >> 3 >> 4 >> 5 | I become more aware of my feelings & identify them, often in the moment. I learn the difference between my thoughts & feelings. |
| I minimize, alter, or deny how I truly feel.                                       | 1 >> 2 >> 3 >> 4 >> 5 | I embrace my feelings; they are valid & important.  |
| I perceive myself as completely unselfish & dedicated to the well-being of others. | 1 >> 2 >> 3 >> 4 >> 5 | I know the difference between caring & caretaking, recognizing that caretaking others may be motivated by self-interest.        |
| I lack empathy for the feelings & needs of others.                                 | 1 >> 2 >> 3 >> 4 >> 5 | I feel compassion for the feelings & needs of others.   |
| I label others with my negative traits.  | 1 >> 2 >> 3 >> 4 >> 5 | I perceive that the negative traits I see in others may also be my own.   |
| I think I can take care of myself without any help from others.                    | 1 >> 2 >> 3 >> 4 >> 5 | I acknowledge that asking for help is healthy self-care.  |
| I mask pain in various ways such as anger, humor, or isolation.                    | 1 >> 2 >> 3 >> 4 >> 5 | I recognize that anger, humor, or isolation may be clues to underlying pain or trauma.  |
| I express negativity or aggression in indirect & passive ways.                     | 1 >> 2 >> 3 >> 4 >> 5 | I express my feelings & speak my truth openly, directly, & calmly.  |
| I do not recognize the unavailability of those people to whom I am attracted.      | 1 >> 2 >> 3 >> 4 >> 5 | I pursue close relationships with emotionally available people.   |

### CoDA Opening Meditation

In the spirit of love and truth, we ask our Higher Power to guide us as we share our experience, strength, and hope. We open our hearts to the light of wisdom, the warmth of love, and the joy of acceptance.

### NOTES



|  |  |  |
|--|--|--|
| <b>Low Self-Esteem Patterns<br/>In Codependence...</b> |  | <b>Low Self-Esteem Patterns<br/>In Recovery...</b> |
|--|--|--|

Very Often > Often > Sometimes > Occasionally > Not Often

|   |           |   |
|---|-----------|---|
| I have difficulty making decisions.   | 1 2 3 4 5 | I trust my Higher Power's guidance & my intuition in making effective decisions.  |
| I judge what I think, say, or do harshly, as never good enough.                 | 1 2 3 4 5 | I accept myself as I am, choosing personal progress rather than perfection.   |
| I am embarrassed to receive recognition, praise, or gifts.                      | 1 2 3 4 5 | I graciously accept recognition, praise, or gifts.  |
| I value others' approval of my thinking, feelings, & behavior over my own.      | 1 2 3 4 5 | I value my own thinking, feelings, & decisions, finding confidence in myself.   |
| I do not perceive myself as lovable or a worthwhile person.                     | 1 2 3 4 5 | I feel lovable & valuable as I am.  |
| I seek recognition & praise to overcome feeling less than.                      | 1 2 3 4 5 | I feel equal to others. Recognition & praise from others do not determine my value.   |
| I have difficulty admitting a mistake.  | 1 2 3 4 5 | I continue to take my personal inventory, & promptly admit my mistakes.   |
| I need to appear to be right in the eyes of others & may even lie to look good. | 1 2 3 4 5 | I take personal responsibility for my behaviors & motivations. It is more important for me to be authentic than to look good to others. |
| I am unable to identify or ask for what I need & want.                          | 1 2 3 4 5 | I meet my own needs & wants, including communicating my needs & wants to others.  |
| I perceive myself as superior to others.  | 1 2 3 4 5 | I see myself as equal to others. I release the need to feel better than or less than others.  |
| I look to others to provide my sense of safety.                                 | 1 2 3 4 5 | I look to my Higher Power & myself to create safety in my life.   |
| I have difficulty getting started, meeting deadlines, & completing projects.    | 1 2 3 4 5 | I willingly take action, starting & completing what needs to be done.   |
| I have trouble setting healthy priorities & boundaries.                         | 1 2 3 4 5 | I establish & uphold healthy priorities & boundaries.   |

**SERENITY PRAYER**

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

**NOTES**



| Compliance Patterns<br>In Codependence...  |                       | Compliance Patterns<br>In Recovery...   |
|--|-----------------------|---|
| Very Often > Often > Sometimes > Occasionally > Not Often                                      |                       |   |
| I am extremely loyal, remaining in harmful situations too long.                                | 1 >> 2 >> 3 >> 4 >> 5 | I am committed to my personal & emotional safety. I am able to leave situations that feel threatening or unsafe.                    |
| I compromise my own values & integrity to avoid rejection or anger.                            | 1 >> 2 >> 3 >> 4 >> 5 | I am rooted in my personal values & act with integrity, regardless of the reactions of others.                                      |
| I put aside my own interests in order to do what others want.                                  | 1 >> 2 >> 3 >> 4 >> 5 | I reflect on my feelings & interests before participating in other's plans.   |
| I am hypervigilant regarding the feelings of others & take on those feelings.                  | 1 >> 2 >> 3 >> 4 >> 5 | I detach from the feelings of others & honor my own boundaries. I know where I stop & where others begin.                           |
| I am afraid to express my beliefs, opinions, & feelings when they differ from those of others. | 1 >> 2 >> 3 >> 4 >> 5 | I courageously & openly express my beliefs, opinions, & feelings when I choose.   |
| I accept sexual attention when I want love.  | 1 >> 2 >> 3 >> 4 >> 5 | Grounded in self love, I consciously define my own sexuality & choose my own sexual expression. I refuse unwanted sexual attention. |
| I make decisions without regard to the consequences.   | 1 >> 2 >> 3 >> 4 >> 5 | I ask my Higher Power for guidance & consider possible consequences before making decisions.  |
| I give up my truth to gain the approval of others or to avoid change.                          | 1 >> 2 >> 3 >> 4 >> 5 | I stand in my own truth, whether others approve or not, even if it means making difficult changes in my life.                       |

**STEP FOUR MEDITATION**

In this moment, I am willing to see myself as I truly am: a growing, unfolding spiritual being resting in the hands of a loving Higher Power. I can separate who I am from what I've done knowing that the real me is emerging—loving, joyful, and whole.

**NOTES**



| <b>Control Patterns<br/>In Codependence...</b>  |                       | <b>Control Patterns<br/>In Recovery...</b>   |
|---|-----------------------|--|
| <b>Very Often &gt; Often &gt; Sometimes &gt; Occasionally &gt; Not Often</b>                  |                       |  |
| I believe people are incapable of taking care of themselves.                                  | 1 >> 2 >> 3 >> 4 >> 5 | I respect the autonomy of others, releasing them to their own Higher Power.  |
| I attempt to convince others what to think, do, or feel.                                      | 1 >> 2 >> 3 >> 4 >> 5 | I accept the thoughts, choices, & feelings of others.  |
| I freely offer advice & direction without being asked.  | 1 >> 2 >> 3 >> 4 >> 5 | I share my experience, strength, & hope, only offering advice or direction when requested.   |
| I become resentful when others decline my help or reject my advice.                           | 1 >> 2 >> 3 >> 4 >> 5 | When others decline my help or reject my advice, I do not take it personally. I let go of the results.                               |
| I lavish gifts & favors on those I want to influence.   | 1 >> 2 >> 3 >> 4 >> 5 | I reflect on my motives. I give gifts with no expectations.  |
| I use sexual attention to gain approval & acceptance.   | 1 >> 2 >> 3 >> 4 >> 5 | I embrace my own sexuality in a healthy manner. I do not use sex to gain approval or to manipulate others.                           |
| I have to feel needed in order to have a relationship with others.                            | 1 >> 2 >> 3 >> 4 >> 5 | I choose new & renewed relationships based on equality & balance.  |
| I demand that my needs be met by others.  | 1 >> 2 >> 3 >> 4 >> 5 | I recognize & take responsibility for meeting my own needs. I ask for help when I need it, without the expectation of being rescued. |
| I use charm & charisma to convince others of my capacity to be caring & compassionate.        | 1 >> 2 >> 3 >> 4 >> 5 | I discover my authentic self & interact honestly & respectfully.   |
| I use blame & shame to exploit others emotionally.  | 1 >> 2 >> 3 >> 4 >> 5 | I let go of manipulating with blame & shame. I trust outcomes to my Higher Power.  |
| I refuse to cooperate, compromise, or negotiate.  | 1 >> 2 >> 3 >> 4 >> 5 | I negotiate with integrity in all my relationships.  |
| I adopt an attitude of indifference, helplessness, authority, or rage to manipulate outcomes. | 1 >> 2 >> 3 >> 4 >> 5 | I let go of my reactive attitudes & behaviors, treat others with respect & consideration, & leave the outcomes to my Higher Power.   |
| I use recovery jargon in an attempt to control the behavior of others.                        | 1 >> 2 >> 3 >> 4 >> 5 | I use program language for my own growth, letting go of the desire to change, manipulate, or control others.                         |
| I pretend to agree with others to get what I want.  | 1 >> 2 >> 3 >> 4 >> 5 | I communicate authentically & truthfully.  |

### STEP ONE MEDITATION

In this moment, I do not have to control anyone, including me. And if I feel uncomfortable with what another person is doing or not doing, I can remind myself that I am powerless over this person and I am powerless over my compulsion to act in inappropriate ways.

NOTES



| Avoidance Patterns<br>In Codependence...  |                       | Avoidance Patterns<br>In Recovery...   |
|---|-----------------------|--|
| Very Often > Often > Sometimes > Occasionally > Not Often   |                       |  |
| I act in ways that invite others to reject, shame, or express anger toward me.                          | 1 >> 2 >> 3 >> 4 >> 5 | I treat myself & others with respect & kindness. I recognize that the reactions of others are beyond my control. |
| I judge harshly what others think, say, or do.  | 1 >> 2 >> 3 >> 4 >> 5 | I keep an open heart & mind. I accept others as they are.  |
| I avoid emotional, physical, or sexual intimacy as a way to maintain distance.                          | 1 >> 2 >> 3 >> 4 >> 5 | I am open to intimacy in my relationships. I create healthy boundaries to keep me safe.                          |
| I allow addictions to people, places, & things to distract me from achieving intimacy in relationships. | 1 >> 2 >> 3 >> 4 >> 5 | I release my obsessions to my Higher Power. I practice recovery to create safety, self-respect, & connection.    |
| I use indirect or evasive communication to avoid conflict or confrontation.                             | 1 >> 2 >> 3 >> 4 >> 5 | I use direct & straightforward communication to resolve conflicts & work through confrontations.                 |
| I diminish my capacity to have healthy relationships by declining to use the tools of recovery.         | 1 >> 2 >> 3 >> 4 >> 5 | I use the tools of recovery to develop & maintain healthy relationships.   |
| I suppress my feelings or needs to avoid feeling vulnerable.  | 1 >> 2 >> 3 >> 4 >> 5 | I allow myself to feel & honor my vulnerability, trusting my Higher Power to meet my needs.                      |
| I pull people toward me, but when others get close, push them away.                                     | 1 >> 2 >> 3 >> 4 >> 5 | I welcome close, interdependent relationships while creating & respecting healthy boundaries.                    |
| I refuse to give up my self-will to avoid surrendering to a power greater than myself.                  | 1 >> 2 >> 3 >> 4 >> 5 | I place trust in my Higher Power, surrendering my self-will.   |
| I believe displays of emotion are a sign of weakness.   | 1 >> 2 >> 3 >> 4 >> 5 | I honor my emotions & express them authentically.  |
| I withhold expressions of appreciation.   | 1 >> 2 >> 3 >> 4 >> 5 | I freely express appreciation toward myself & others.  |

**BECOME AMAZED AT WHAT YOU SEE - DISCOVER WHAT'S POSSIBLE FOR YOU**  
 God, give me a sense of the possible in my life. Then help me be amazed at just how beautiful life can be.

*From the desk of Melody Beattie*

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